

# 2026 #StayHealthy Essay Contest

*Open to all high school students  
in Yavapai County!*

*1st Place - \$500*

*2nd Place - \$300*

*3rd Place - \$100*

*Honorable Mention - \$50*



**Deadline for Entry  
March 13, 2026**

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**Choose one of the following prompts. Please limit essay to 750 words or less.**

1. If you were the President of the United States, what would you do to solve our country's drug epidemic and encourage people to #StayHealthy?
  2. How does social media influence your thoughts and opinions on using drugs and alcohol? What do you wish was different in social media? How could you use social media to #StayHealthy?
  3. How do your peers affect you and your decision to use or not to use drugs? How do you effectively deal with peer pressure to #StayHealthy?
  4. What would you tell your 10-year-old self to better prepare yourself for high school and how to #StayHealthy through the challenges of life?
- .....

**Guidelines and contest rules available online at [matforce.org/youth](https://matforce.org/youth)**

(928) 708-0100

[info@matforceaz.org](mailto:info@matforceaz.org)

**MATFORCE**

*Building Healthier Communities*

Funding for this prevention resource was made possible by MATFORCE through one or more grants including the Governor's Office of Youth, Faith and Family - Parents Commission grant; Arizona Health Care Cost Containment System (AHCCCS) - Substance Abuse Block Grant; AZ State Opioid Response grant.

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